

March 2015

Your conscious life

greenliving

M A G A Z I N E

PHOENIX SCHOOL HELPS HAITI

BIRD ART OPENS
AT DESERT MUSEUM

ALSO INSIDE:

Water Saving Tips | Art of Fermentation
Students Recycling Electronics
St. Patrick's Parade | Kids in the Kitchen

MEDICAL SUPPLIES RECLAIMED
FOR DEVELOPING NATIONS

**GREEN HOME
SPECIAL SECTION**

greenlivingaz.com

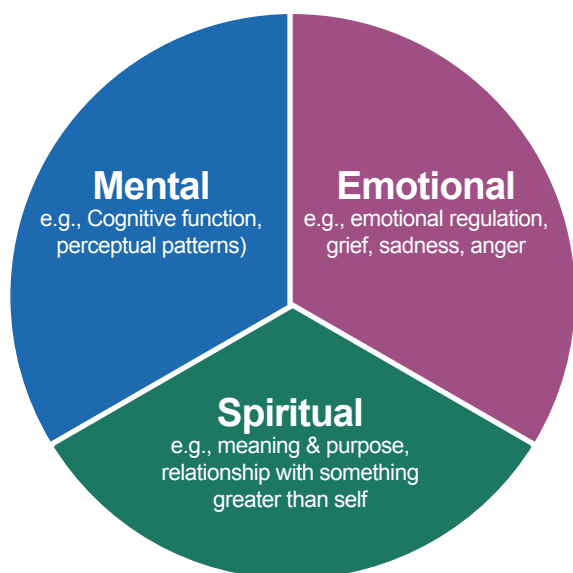
Green Living magazine is printed by a Forest Stewardship Council certified printer.



ARIZONA CENTER FOR ADVANCED MEDICINE

We believe that treating the whole patient—body, mind and spirit—is the most authentic path to health.

Treating the Whole Patient



Physical

- Assimilation
- Structural Integrity
- Communication
- Transport
- Defense & Repair
- Energy
- Biotransformation & Elimination

Truly Integrative Healthcare

The Arizona Center for Advanced Medicine is the Southwest's most diversified integrative medical center. We integrate the best of alternative and traditional medicine to educate and empower you on the road to health. Led by Medical Director Martha Grout, MD, MD(H), the center is dedicated to the reversal of chronic illness.

Call to schedule your
FREE 15 minute phone consultation
480-240-2600

Meet Our Team



Martha M. Grout

MD, MD(H), Founder

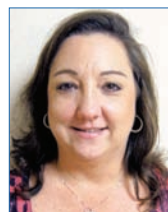
Martha Grout, MD, MD(H) leads a holistic medical practice in Scottsdale, Arizona. Dr. Grout has 25 years in emergency medicine, and for the last decade, she has been a homeopathic physician. Dr. Grout and her team are dedicated to the natural treatment and reversal of chronic disease.



Rekha Shah

MD, MD(H)

Rekha Shah, MD, MD(H) is board certified in Gastroenterology and Internal Medicine, as well as in Medical Acupuncture. She has been practicing medicine for over 30 years, with experience in allopathic medicine, acupuncture, homeopathy, and training in functional medicine.



Debi Murphy

PA-C

Debi Murphy, PA-C, supports the team at the Center and enables them to work more efficiently with patients. She tries to learn as much as she can about each unique patient's condition. She is especially interested in treating female hormone issues and patients afflicted with Lyme disease.



Brent R. Korn

D.O.

Brent R. Korn, D.O. is board certified in Internal Medicine and has been practicing medicine for 14 years, the last 5 of which have been devoted principally to the practice of integrative medicine. He is also an adherent and proponent of orthomolecular and "life extension" medicine.

Live Green

- Five Tips to Conserve Water 5
- Phoenix School Brings Sustainability to Haiti 6
- Fermentation Revolution 10
- United Cerebral Palsy to Host Fun Run, Walk & Roll 11
- Family Friendly Fun at the Farmers' Market 12



Work Green

- 18 Project C.U.R.E. Leading in Sustainable Healthcare
- 21 Benefits of Bike Riding
- 22 Stakeholder Satisfaction and Sustainability
- 23 Consignment Shopping for Business
- 24 Green in the News and Business Events
- 25 ASU Biomimicry Center Announced

ON THE COVER



Summer Gold by Barry Van Dusen, 2013
This painting will be featured in the "Birds in Art" exposition at the Arizona-Sonora Desert Museum's Ironwood Gallery from April 11 to May 24. Van Dusen is a member of the Society of Wildlife Artists and has traveled to numerous countries to raise money for the conservation of threatened habitats.

14 SPECIAL ADVERTISING SECTION Green Home



Play Green

- 26 Bird Art at the Desert Museum
- 27 Phoenix St. Patrick's Day Parade and Faire
- 28 Run: Explore the Natural Beauty of Arizona
- 29 February Launch Party
- 30 Recipes
- 32 Green Scenes
- 38 He's Green, She's Green
- 40 Cool & Outrageous Stuff

INDEPENDENT TALK 1100 KFNX

**KFNX exclusively features Five of the
Top Ten Talk Shows in the country**



**IMUS IN THE
MORNING**



**THE LAURA
INGRAHAM SHOW**



**THE DENNIS
MILLER SHOW**



**THE MICHAEL
SAVAGE SHOW**



**THE HERMAN
CAIN SHOW**



**THE LARS LARSON
SHOW**

**THE
BLAZE**

**To advertise, host a show or for more information:
Call 602-277-1100 or go to 1100kfnx.com**

Your conscious life
green living
M A G A Z I N E

PUBLISHER/EDITOR IN CHIEF Dorie Morales
ASSOCIATE EDITOR Amanda Harvey
CREATIVE DIRECTOR Crista Alvey
DIRECTOR OF OPERATIONS Jeffrey E. Stein
SENIOR ADVISOR William Janhonen
COPY EDITOR Rachel Luman

CONTRIBUTORS
Melissa Antone
John Burkhart
Ainsley Despain
Jan Green
Jim Miller
Amanda Strusienski
Joe Zazzera
Jennifer Burkhart
Anton Camarota, Ph.D.
Emily Doan
Clayton Kammerer
Connor Murphy
Dr. Terry Willard

MEDIA CONSULTANTS
Kristen Bury
Carrie Keller
Francesca Lane
kristen@greenlivingaz.com
carrie@greenlivingaz.com
francesca@greenlivingaz.com

CREATIVE INTERNS
Jasmine Gonzalez
Anne Staudinger

SALES/MARKETING INTERN Chelsea Fasso

♥ **WE LOVE TO HEAR
FROM OUR READERS!**

CONTACT US AT:

GENERAL: info@greenlivingaz.com
ADVERTISING: sales@greenlivingaz.com
EDITORIAL: submissions@greenlivingaz.com

480.840.1589

7575 E. Redfield Road #219, Scottsdale, AZ 85260

SUBSCRIBE:

12-Issue Print + Digital Subscription: \$39
24-Issue Print + Digital Subscription: \$59
12-Issue Digital Subscription: \$12
greenlivingaz.com/subscribe

FOLLOW US:

greenlivingaz.com

f/greenlivingazmag

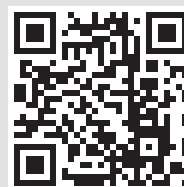
t/greenlivingaz

in/green-living-az-magazine

y/greenlivingazmag

p/greenlivingaz

g/greenlivingaz



Please recycle this magazine

Green Living magazine is a monthly publication by Traditional Media Group, LLC. Periodical rate postage paid at Scottsdale, AZ. Publisher assumes no responsibility for unsolicited or contributed manuscripts, photographs, artwork or advertisements. Entire contents © 2015 Traditional Media Group. All rights reserved. Reproduction or use of content in any manner without permission by the publisher is strictly prohibited. Opinions expressed in signed columns and articles do not necessarily reflect the views of the publisher. Submissions will not be returned unless arranged to do so in writing. One print subscription is \$39 per year or digital subscription is \$12 per year. Canadian orders please add \$13 per year for shipping and handling. International orders add \$22 per year for shipping and handling. Bulk and/or corporate rates available. No representation is made as to the accuracy hereof and is printed subject to errors and omissions. Green Living magazine is printed on recycled paper.

**COME VISIT ARIZONA'S
LARGEST GIANT DEALER
AND GET STARTED IN YOUR
NEW FAVORITE SPORT!**

LOCALLY OWNED!

*Best selection anywhere
Friendly and knowledgeable staff--
we are experts on all things Giant!
Centrally located and easy to get to
Professional repairs and quick turnaround
Quality youth bikes available; the kids can
ride the trails too
We have a store within a store entirely
dedicated to the female cyclist-- great
selection of bikes and gear just for her!*

WE MATCH COMPETITOR ADS!

GIANT®
Scottsdale

2902 N. 68th St. (68th St. and Thomas)

480-773-7706

giantscottsdale.com



Your Urban Organic Chef

At Plant2Plate, we specialize in 'healthy comfort food'...we prepare the foods you know and love with less fat, salt, sugar and no processed ingredients whatsoever.

Below are samples of popular requested dietary needs. We can work with you for your specific goals consulting with nutritionist, doctors and personal trainers as requested.

Heart Healthy • Organic Whole Foods • Vegetarian /Vegan • Cancer Recovery Support Menu
Diabetic • Gluten Free • Raw Foods • Organic Baby Food • Gerd Safe Foods

Busy professionals and Central Phoenix residents can benefit from using Plant2Plate Chef Services Meal Delivery. We have easy ordering options, dietary balanced menus, use fresh local ingredients and do not use any processed foods. Weekly and bi-weekly delivery options will set you up with meals for the week 3-5 days at a time. Just store in the fridge or freezer and quickly reheat if necessary. No need to waste time leaving work early and trying to find a healthy place to eat. Prepare ahead and we will deliver your healthy meals straight to your door.

We also offer:

Cooking classes: One on One or Small Groups
Small Dinner Parties: Private Catering
Specialty Event Packages:

Plant2Plate Chef Services...where we will work together to create a customized meal package that works perfectly for your budget and schedule.
Check Us Out at www.Plant2Plateaz.com
[www.facebook/plant2plateaz.com](https://www.facebook.com/plant2plateaz.com)
602.301.7776 - Chef/Owner Jami Lyn



Plant to Plate

March 2015

Editor's Note



Growing up in a small town in California that was minutes from the beach and known for its strawberry fields, I still took the natural beauty of this planet for granted. As I grew older and moved from California to Arizona, I learned to love and cherish the variety of ecosystems and landscapes we have on this planet. I want to help raise awareness about the protection of our natural resources and the people and creatures that inhabit it, for both current and future generations. Here at *Green Living* magazine we aim to bring the concept of sustainability and living green to everyone regardless of income or lifestyle – green is for everybody!

I'm very pleased to be the new Associate Editor of *Green Living* magazine and to be part of this wonderful publication. My entire life, I knew I wanted to work in publishing – reading and writing were my favorite hobbies growing up, and I quickly discovered I also had an eye for editing. I graduated with my BA in English Literature from Arizona State University in 2013, and caught a lucky break when my first job interview led me to a technical publishing company in Fountain Hills. I loved the work, but discovered the subject matter was not my passion. I met with Dorie Morales and discovered the breath of fresh air that is *Green Living*.

Follow *Green Living* magazine
and stay in touch with the
newest topics on sustainability!

 /greenlivingazmag

 @greenlivingaz

 /greenlivingaz

 /company/green-living-az-magazine

 /greenlivingaz

In our March Family and Kids issue, we bring you stories on Arizona students who are recycling used electronics; a Phoenix school that has partnered with a school in Haiti to teach them sustainable practices; kids at the farmers' market; the St. Patrick's Day Parade and Faire in Phoenix; kid-friendly recipes; the opening of "Bird Art" at the Arizona-Sonora Desert Museum; the United Cerebral Palsy race in Tempe; and so much more! Covering these communities and events is part of what living green is all about – supporting local.

I've already hit the ground running in my new position and have implemented composting in the office! Thank you, Dorie, for bringing me in to join this fabulous team and help spread the word about living green. I'm very proud to be part of this vital industry, and I look forward to bringing informative and entertaining articles on both a local and global scale to you – our readers.

Amanda Harvey
Associate Editor

5 TIPS TO CONSERVE WATER

BY EMILY DOAN

Water is a precious resource, especially in our desert climate. Do your part and help conserve water usage in and around your home with these five tips; from simply fixing water leaks to installing a greywater recycling system, there's something for every budget and lifestyle.



1 Find and fix water leaks both inside and outside of your home. The most common places for water leakages to occur are in your washing machine, sinks, toilets, water heaters and sump pumps.

2 Reuse contaminant-free rainwater and household water from dishwashing, laundry, sink and shower usage by installing a greywater recycling system. While this water may not look clean due to traces of dirt, food, grease and other household waste, it is actually a safe and efficient way to irrigate your yard.

(Photo by David Shankbone)



3 Purchase water-efficient appliances when it's time to upgrade. As a consumer, you can make it your responsibility to educate yourself on the most efficient water-related products, such as those with the WaterSense label designed by the Environmental Protection Agency (EPA).



4 Get into the habit of recycling your entire unused water supply. Boiling vegetables or eggs? Dumping old water bottles or leftover kettle water? Instead of pouring this water down the drain, use it to water your non-edible plants, lawn or vegetable garden.



5 Start using a compost pile. Kitchen sink disposals use a large amount of water in order to function properly. To cut down on this water usage, dispose of food waste through a compost piling system. The process is simple and offers the rewards of a healthy harvest and garden. (Photo by Wikipedia user Con-struct)

Emily Doan is a student at Arizona State University majoring in English and working towards a certificate in the environmental humanities.



PHOENIX ALL SAINTS' SCHOOL BRINGS SUSTAINABILITY EFFORTS TO HAITI

BY AMANDA HARVEY

Students at All Saints' Episcopal Day School in Phoenix continue to inspire the community with their humanitarian efforts. In 2010, All Saints' was partnered with St. Paul's school in Gascogne, Haiti, just months prior to the devastating earthquake. "The Haitians are united as a group even after the disaster. They deserve to be able to help themselves," says All Saints' 8th grade student and 2015 Haiti Ambassador Akiriti Bhujel. The partnership's ultimate goal is to provide St. Paul's with the information and resources they need to become truly sustainable.

In the past five years, this partnership has led to the construction of a new school building and six latrines, student tuitions, teacher salaries, uniforms and supplies. These efforts are not only humanitarian in nature, but also sustainable, as All Saints' students have focused on recycling and upcycling items and teaching the St. Paul's students how to grow their own food to become more independent. There are two elective classes at All Saints' school that provide students with an outlet for their sustainable solutions — the Millennium Development Goals (MDG) elective class and the Green Team. Both of these groups are heavily involved in the Haiti projects.

In 2014, the MDG and the Green Team came together to collect plastic grocery bags for upcycling — they transformed

these bags into satchels, sleeping mats and jump ropes. The students brought these items to Haiti and also taught the St. Paul's community these skills so they may reuse materials they already have. In addition to this, prior to their most recent trip to Haiti from February 13 through 20, the MDG team organized a Hope 4 Haiti supply drive to collect school and art supplies for the nearly 300 students at St. Paul's. They brought with them hundreds of acrylic paint tubes, aprons, brushes and small canvases, providing the St. Paul's students with the opportunity for art activities, which many of them had never before experienced.

On a recent trip to Haiti, when the All Saints' student ambassadors saw how St. Paul's collected their drinking water, they knew something had to be done. "[To get clean water] you have to hike to a water hole where animals drink, where it is not always safe, and the water is not always clean," says Peter Chong, All Saints' 8th grade student and 2015 Haiti Ambassador. "This is not truly living." The MDG class is now raising money to construct a 30,000-gallon cement block cistern that will collect rainwater from the school roof during the rainy season, which is eight months of the year.

Currently, St. Paul's ends for the day around lunchtime, since the school is unable to provide lunch for their students.

OPENING SPRING 2015 » 90TH + SHEA
NOW HIRING » WORKFORFLOWERCHILD.COM



FLOWER CHILD

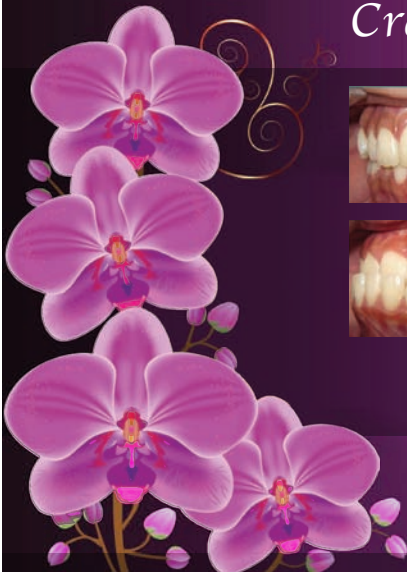
HEALTHY FOOD FOR A HAPPY WORLD



NE CORNER OF 44TH & CAMELBACK | 602.429.6222
IAMAFLOWERCHILD.COM



Creating beautiful smiles everyday



Receive
\$500 OFF
Our standard fees
for all comprehensive
treatments
when you mention *Green Living*



Sonoran Smile
ORTHODONTICS



FREE ORAL-B ELECTRIC TOOTHBRUSH
For new patients starting treatment

Samantha Vu, DMD MS & Shadow Asgari DDS MS

4840 E. Indian School Rd
Suite 107, Phoenix, AZ

3336 E. Chandler Heights Rd
Bldg 2, Suite 111, Gilbert, AZ

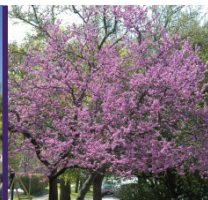
480.988.0028
sonoransmile.com



Avondale

Aspiring. Achieving. Accelerating.

Street Tree Master Plan



The City of Avondale's new Street Tree Master Plan will create walkable, shaded streets, promote multi-modal transportation, promote health and welfare, reduce heat island effects, improve air quality, and moderate air temperatures. avondale.org



This is disruptive to the learning environment. All Saints' is raising funds to build an on-site brick oven so the school can bake bread to feed the children. The excess bread can also be sold to the nearest town for profit, with the added income going toward paying teachers' salaries. All Saints' is also

working with St. Paul's to construct a vegetable garden.

The new St. Paul's school building that All Saints' funded is wired for electricity, but since the school is located so high in the mountains it is without a power source. All Saints' is supplying a generator to light the building for evening classes,

*It is my heart's desire to share my knowledge of **raw, vegan food preparation** with anyone who chooses to improve their health and their life.*

-Elaina Love



elaina love
PURE
JOY ACADEMY

Courses are ongoing:
In Person - Scottsdale & Tucson
Online - BodyMindInstitute.com
PUREJOYACADEMY.COM



Valid through March 2015. New Clients Only.

NEW YEAR. NEW YOU.


At Bauman's, we take fitness to the Xtreme. From strength training to martial arts to cardio fitness, no class is the same – not to mention our determined, supportive group environment and nutritional services. We'll make your best better.

BAUMAN'S XTREME

NW corner of Scottsdale Rd. & Lincoln.
602-418-1792 | baumansxtremetraining.com



and once electricity has been established, All Saints' will work toward establishing an Internet connection. "The [St. Paul's] community doesn't have clean water, electricity or a way to serve meals. This disrupts the teaching environment when the students have to leave school early [due to lack of these items]. It is limiting the students' ability to learn," says Bhujel.

"We will continue to raise money, awareness and enthusiasm for St. Paul's," comments Dr. Beth Carson, Language Arts department chair, Millennium Development Goals teacher/advisor and 2015 Haiti Ambassador. "The beauty of this relationship is that it is the epitome of 'sustainable' — we first developed friendships with the people there, then we built trust and respect, and we now are growing in the collective goal of enhancing life for all of us through friendship, which really is one of the most enduring (sustainable) aspects of this partnership." Adds Chong, "We [in the All Saints' community] shouldn't take what we have for granted. We should help St. Paul's because we can. They cannot help themselves yet." 

For more information about the All Saints'/St. Paul's partnership and the continued green efforts of All Saints', visit allsaints-phoenix.org.





SCNM DISCOVERY DAY

**SATURDAY
MARCH 14
2015**

REGISTER NOW AT
WWW.SCNM.EDU/DISCOVERSCNM

LEARN MORE ABOUT NATUROPATHIC MEDICINE, THE HEALING POWER OF NATURE AND HOW IT CAN EASE YOUR PAIN!

Tour our brand-new building :: Yoga classes :: Cooking demos
Educational seminars :: Giveaways :: FREE breakfast and lunch

SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE & HEALTH SCIENCES
2152 E. Broadway Rd., Tempe, AZ 85282 :: 888.882.7266 :: WWW.SCNM.EDU/DISCOVERSCNM



Photo by Morgan Maher

FERMENTATION REVOLUTION

BY DR. TERRY WILLARD



From high-end restaurants to the kitchens of do-it-yourself enthusiasts, the practice of food fermentation is making a comeback. A highly rewarding and nourishing skill, fermentation is an ancient and nutritious craft that can connect you to your life's essence and human ancestry.

The age-old practice of fermentation, which preserves, enhances and transforms your food with the help of bacteria, fungi and molds, goes far back into human history, spanning the globe, crossing cultures and utilizing just about any food medium imaginable to create culinary delights.

Though a bare thread of fermented food still exists in our culture today with common items like yogurt and cheese, many of these have been prepared on an industrial scale and then pasteurized, diminishing their most health-giving and ennobling qualities.

Small-scale artisan producers are helping to keep the traditions of fermentation — and literally the foods themselves — alive; but the true fermentation revolution is taking place in the homes and kitchens of people like you.

By fermenting your own food, you are participating in the maintenance of your own health and making steps towards individual food sovereignty. Best of all, you are initiating and co-creating an alchemical transformation that increases your food's nutrition with an array of enzymes, friendly bacteria, protein, B vitamins, and so much more.

Once you become skilled and confident in the craft of fermentation, the potentials are endless! Suddenly you are able to preserve just about any food, creating your own fermented

delicacies, condiments, effervescent drinks and more.

But to get started, you'll need a little guidance; and to go deeper, it helps to explore examples of many things you didn't know would be possible, edible or even delicious. There are many resources out there, but it basically comes down to the starter (microorganisms), the vessel and the medium or foodstuff to ferment.

Yes, fermentation is the employ of microorganisms (bacteria, fungi and molds) primarily acting on the carbohydrate (sugar) content of food. This process breaks down food, giving off gasses and producing beneficial acids and/or alcohol to produce yogurts, kefirs, cheeses, breads, sausages, ales, wines, beers, pickles, olives, sauerkrauts and many other delicacies. Think of these microorganisms as super industrious workers that do most of our "cooking" for us. They are the elves in the shoemaker's workshop that make all the shoes while the shoemaker is sleeping.

Fermented foods and beverages are delectable players in the overall dance of flavors, textures and tastes of a meal. But it doesn't stop there. Fermented food plays a valuable role in the digestion of a meal and subsequent health of our digestive system. Fermentation makes those foods more digestible and therefore more nutritious. It is just a great bonus that fermented foods also taste fabulous. ■

Terry Willard, Cl.H., PhD, is recognized as one of North America's leading Clinical Herbalists. For over 40 years he has been an active practitioner, teacher and director of the Wild Rose College of Natural Healing. He can be reached at drtwillard@gmail.com.

Check out Terry Willard's recipes for dill pickles and ketchup at greenlivingaz.com/recipes



UNITED CEREBRAL PALSY HOSTS FUN RUN, WALK & ROLL

BY AINSLEY DESPAIN

United Cerebral Palsy (UCP) of Central Arizona's Fun Run, Walk and Roll Race is scheduled for Sunday, March 29th, at the Kiwanis Park in Tempe. There will be a 5K run and a fun one-mile walk/roll.

Tempe Councilman Kolby Granville will be kicking off the race. The course is wheelchair and stroller friendly so as to accommodate everyone in the community who would like to participate.



UCP's mission is to provide comprehensive services to children and adults with disabilities along with their families. Those served have various disabilities, including cerebral palsy, autism, Down syndrome, developmental delays and learning disabilities. Since its inception, UCP has been committed to change and strives to promote the inclusion of people with disabilities into every facet of society to ensure a life without limits. This year, UCP decided to


host an event that would allow everyone to participate, including individuals with walkers, wheelchairs or strollers.

In November 2011, UCP hosted Dick Hoyt and his "Yes You Can"

message at the Doubletree Resort. Hoyt and his son Rick have competed together in various athletic endeavors, including marathons and Ironman Triathlons. Rick has cerebral palsy, and during competition Dick pulls his son in a special boat as they swim, carries him in a seat in the front of a bicycle, and pushes him in a wheelchair as they run. Team Hoyt was inducted to the Ironman Hall of Fame in 2008.

"At the end of the day, UCP's vision is that those with disabilities can achieve their potential and experience equality in our community. UCP's Fun Run, Walk and Roll is an opportunity for the disabled community to come out and have fun, including our disabled veterans," said Paul Cocuzza, UCP's business development manager.

All participants will receive a medal and a t-shirt. Awards will be given out for the top three racers in each age category.

Registration is currently open for adults, youth and children. Registered participants should arrive at 8:30 a.m. The course has been outlined and set up by StartLine Racing. 

For information about registration and volunteering at the event visit the website at raceroster.com/events/2015/4448/ucps-fun-run-walk-and-roll

For any questions, please contact Veronica De La O, Development Director, at 602-943-5472 or email vdela@ucpofcentralaz.org.

Ainsley Despain is a North Carolina native who loves writing and the sunshine of Arizona. She graduated with her degree in Communication in December 2013 and is excited for her life as a journalist to take off.

Photos courtesy of UCP of Central Arizona

Find more health & wellness articles at greenlivingaz.com/health



FAMILY FRIENDLY FUN AT THE FARMERS' MARKET

BY CLAYTON KAMMERER

There is an old farmers' rhyme sung while planting corn: "One for the blackbird, one for the crow, one for the soil and one to grow." It reminds the grower that it is best to plant a little more than you intend to harvest, since it's of no certainty that a single seed will be a sure bet to yield an adequate harvest. This is an important lesson we can teach our children about farming and food growth. Local farmers' markets are a great place to teach kids of all ages about local

farming and where their food comes from.

Thanks to Arizona's mild weather, many of our farmers' markets are year-round endeavors. Family-friendly vendors can be found at nearly every farmers' market, including St. Philip's Farmers' Market in Tucson. There are food and delicacy vendors targeted mainly to kids, like organic cotton candy vendor Fluff It Up, and others that are more focused on education, like Dreamflower Garden who sell seed starters and

ROCKET FIZZ

SODA POP & CANDY SHOP

- Heirloom, foreign, & hard-to-find candies including 75 flavors of salt water taffy
- 500+ varieties of vintage soda pop in recycled glass bottles
- Gag gifts, retro signs, posters, and toys

Rocket Fizz
Scottsdale
480-306-8144 Thunderbird
rocketfizz.com

KIDSS

Kids

Solutions

Innovating

Sustainable

Dynamic

Calling 5th – 12th grade Arizona students


Show us your creativity and talent by joining the KIDSS Competition!

Develop an idea to solve a problem in your community and send it to innovate2kids@gmail.com by 3/31/15 to enter.

Living Earth
Visit livingearthinstitute.org and click KIDSS Innovation for more information

pod that teach children how to grow their own plants.

There's no doubt that children of all ages love the farmers' market and the goodies that can be found there. Getting children involved early in the shopping decisions can also positively affect their healthy eating habits by getting them out of the processed food aisles in the grocery store and out to the market where they can see, smell and taste real food from local vendors. This can also instill independence, the idea of community values, and also help them get away from their phone, computer and television screens for a while.

Farmers know that planning ahead for good measure is a critical component of ensuring the ability to sustain the farm long-term. It makes sense to plan this way, since if you are not in it for the long haul, then why are you in it at all? This, and other important life lessons that can be learned from local farmers and vendors, is yet another reason to bring your kids with you during your weekend trip to the farmers' market. 

Clayton Kammerer is a marketing manager at FoodInRoot, a startup based out of Tucson that works to build a better blueprint for farmers' markets.

Photos by Michael Moriarty



\$99* Organic Color or Partial Highlight

Includes Haircut, Blowdry and Treatment

Regularly \$175!

*New clients only

Seshi Organic Salon

We've relocated to Canyon Falls Spa!

14891 N. Northsight Blvd. Suite #121 Scottsdale

seshiorganicsalons.com/scottsdale

480-767-7533



Paraben Free

Cruelty Free

Organic

Vegan

Gluten Free

Non-toxic hair color



Buy one entree, get the second entree

Try our pizza!
gluten-free &
dairy-free options.

50% OFF

Coupon must be presented at time of purchase. One per customer. No cash value. Expires 4/15/15.

Tues - Sat 8am-8pm • Sun 8am-3pm
2235 S Power Road • Suite 116
Mesa, AZ 85209 • in Kiowa Plaza
Between Baseline & Guadalupe Rds.

480.654.8081 • www.cuttingboardcafe.com

Local. Organic. Vegan. Vegetarian.
Whole food, plant-based
healthful cuisine. Many of
our dishes are gluten free.

YOUR AD COULD GO HERE!

Invest in your image today!

Your conscious life
greenliving
MAGAZINE

Call us today to advertise!

480.840.1589

greenlivingaz.com sales@greenlivingaz.com

upcycled



Magnificent eco-friendly pillows, balls, rugs and ottomans made from 100% upcycled ties. This is functional art at amazing prices.

Only at Copenhagen.

copenhagen

contemporary
furniture & accessories

PHOENIX 1701 E. Camelback 602-266-8060

SCOTTSDALE 15804 N. Scottsdale Rd. (South of Bell) 480-367-6401

TEMPE 2346 E. Southern (at 101) 480-838-3080

TUCSON 3660 E. Fort Lowell (at Dodge) 520-795-0316

copenhagenviving.com

SUNTRAC SOLAR

Lower your A/C energy costs by 40 percent with the Suntrac Smartpanel from Suntrac Solar. The self-contained, easy to install panel is ideal for both residential and commercial use. It integrates with both new equipment and existing system upgrades and is compatible with most high efficient HVAC equipment. Call 480-329-4839 for more information. solarassistedproducts.com

**SUNTRAC
SOLAR**
AIR & HEAT

*Living Healthy &
Sustainable are Interrelated*



A Sustainability Agent
Cell: **520.307.6560**

SunsetLife@outlook.com
TucsonHomesZaffer.com

6893 N. Oracle Road, Suite #111
Tucson, AZ 85704



William Zaffer
REALTOR®



Harsh on Dirt Gentle on the Earth

Green, Allergy-Friendly Cleaning, Valleywide!

- One-Time, Weekly, Biweekly, Triweekly or Monthly
- Easy, Free Estimates by Phone or Email
- Bonded, Insured & Trusted

EcoHouseCleaning.com

Green Cleaning Products
and Maid Services for a
Cleaner World and Home

New Client Special!

\$79* for 4 man hours
of cleaning

*New clients only. 1 hour with 4 maids. Additional cleaning time available at \$25/maid/hr. Team sizes may vary, e.g. 2 hrs x 2 maids may be substituted.



Healthy Home Cleaning by

Planet Hugger

Phoenix Metro **480.535.7960**

Tucson Metro **520.834.8040**



Make a sound investment in a green property

Work with a professional who is dedicated to personal service and is committed to sustainability in real estate and everyday living.



Kathy Maguire, REALTOR®, GRI, ABR®, GREEN, EcoBroker®
602.418.4565 kmaguire4@cox.net kathymaguire.com

DPR REALTY LLC
A new approach to Real Estate

Supporting sustainable housing and lifestyle



green
NAR's Green Designation

DPR Realty LLC | 480.994.0800 | 8341 E. Gelding Drive, Scottsdale AZ 85260

SAVE UP TO \$5,367

with Thermador's one-two-free® offer!

Buy a cooking appliance package, get a dishwasher free. Add refrigeration, get even more!

Put the appliances to the test in our live showroom kitchens!

We have the largest display of:

Thermador®
GAGGENAU



BOSCH

products in the southwest.

Thermador appliances are rated **#1** in luxury cooking because of outstanding performance... not red knobs



ALLSTATE
APPLIANCES

A local family-owned & operated business

480-948-9896
allstateappliances.com

Scottsdale Showroom
15250 N. Hayden Rd. Scottsdale

ARE YOU GREEN?



ARIZONA'S GREEN
LIFESTYLE MAGAZINE
for your conscious life!

Your conscious life

green living
MAGAZINE



LIKE us on Facebook!
facebook.com/greenlivingazmag

Yes, I would like to subscribe to:

☐ 12 print issues/\$39 year. ☐ 12 digital issues/\$12 year.

Mail form to 8502 E. Princess Dr. #240, Scottsdale, AZ 85255

Name

Email

METHOD OF PAYMENT

☐ Check enclosed ☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

Card#

Exp. Date CSV sec. code

Billing Address, City, State, and Zip Code

Cardholder's Signature

Green Living magazine is published 12 times a year. By signing up, you will be opted-in to our monthly newsletter. An invoice of your purchase will be emailed. Information is kept confidential. Please mail back this form to receive this special offer, not available online.

YOUR *Green* CONNECTION



Jan Green

REALTOR®, GREEN®,
SFR, EcoBroker®

RE/MAX Excalibur Realty
Cell: 602-620-2699
Fax: 480-355-3480
jan@gotgreen.info



GotGreen.info

As an EcoBroker and NAR GREEN agent, Jan provides the value-added service of advising clients about energy-efficient features, how to add these features to their homes, and enjoying a healthier lifestyle.

Recent projects have included: CE Courses for REALTORS®, hosting courses for appraisers, phase 3 of greening the Arizona Regional MLS, and panel discussions at REALTOR® Associations.

It's been rewarding assisting with these efforts. Raising the bar for home values in Maricopa County is an ongoing process through education and awareness in the industry.

*Let me show you
your new home!*

RelocatingToScottsdale.com

HOMESMART

HomeSmart Real Estate opened in Phoenix in 2000, and has since developed into the #1 real estate brokerage in size and sales volume in the area. William Zaffer of HomeSmart is extremely knowledgeable of the Tucson Valley real estate market and sustainability initiatives and has been practicing a green lifestyle since the 1980s. tucsonhomeszaffer.com



COPENHAGEN

Several years ago at Copenhagen Imports, we were fortunate enough to discover DreamWeavers, a company who takes everything from ties to zippers to t-shirts and jeans and upcycles them into unique rugs and pillows, making them both beautiful and environmentally friendly. That's a win-win in our book. copenhagenliving.com



Your conscious life
greenliving
MAGAZINE

**Green Living is looking for
motivated sales people
to join our team.**

Help Promote **OPENINGS IN**
eco-conscious **Greater Phoenix**
products **Greater Tucson**
& services **Northern Arizona**

Call 480-840-1589 or
email sales@greenlivingaz.com
for more information

ARE YOU GREEN?

Get 12 issues of *Green Living* magazine for



☐ **\$39** in print form

or

☐ **\$12** in digital form!

greenliving



LIKE us on Facebook!
facebook.com/greenlivingazmag

Mail form to 7575 E. Redfield Road, Suite 219, Scottsdale, AZ 85260

Name _____
Email _____

METHOD OF PAYMENT

☐ Check enclosed ☐ Visa ☐ Mastercard ☐ AMEX ☐ Discover

Card# _____

Exp. Date _____ CSV sec. code _____

Billing Address, City, State, and Zip Code _____

Cardholder's Signature _____

Green Living magazine is published 12 times a year. By signing up, you will be opted-in to our monthly newsletter. An invoice of your purchase will be emailed. Information is kept confidential. Please mail back this form to receive this special offer, not available online.

LOWER A/C ENERGY COSTS BY UP TO 40%

**SUNTRAC
SOLAR**
AIR & HEAT

*We didn't invent solar A/C,
we perfected it.*

U.S. PATENT NUMBER #7665459

RESIDENTIAL

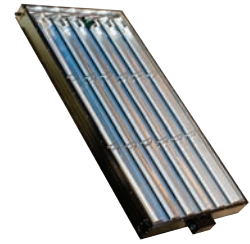
INTEGRATES WITH YOUR NEW SYSTEM INSTALLATIONS

- Package Units
- Split Units
- Mini Split Units
- Multi Split Units



COMPATIBLE WITH MOST HIGH EFFICIENT HVAC EQUIPMENT

- Variable Speed
- Multi-Stage
- Variable Capacity
- 10 Year Warranty



SUNTRAC SMARTPANEL™ FEATURES

RiteTemp™

Temperature Control

Scalable To Over 500 Tons

Simple Installation

12v DC Power

Self-contained Panel

COMMERCIAL

INTEGRATES WITH YOUR NEW EQUIPMENT INSTALLATIONS, AND EXISTING SYSTEM UPGRADES

- Package/Split Units
- Mini/Multi Split Units
- Chiller Systems
- Energy Recovery Units
- Dehumidification Units
- Refrigeration Units

COMPATIBLE WITH MOST HIGH EFFICIENT HVAC EQUIPMENT

- Variable Speed
- Multi-Stage
- Variable Capacity
- 5 Year Warranty



For More Information, Contact Randy Appel at Solar Assisted Products

480-329-4839 / 320 S. El Dorado #1, Mesa AZ 85202 / SOLARASSISTEDPRODUCTS.COM



PROJECT C.U.R.E.

LEADING THE WAY IN SUSTAINABLE HEALTHCARE

BY CONNOR MURPHY

The healthcare system in the United States is one of the most advanced in the world. Through constant innovation, a well-established and thriving industry and tight regulations on medical materials, America is home to some of the world's best medical treatments. But the very practices that make the system so innovative can also contribute to a lot of medical waste.

Regulations on medical supplies like latex gloves, respirators and pacemakers ensure that only the highest-quality products are used in our medical industry. But what happens to the surplus? The products that are still fit for use, but cannot be used in the U.S. due to stringent expiration deadlines? Or perfectly operational products that are exchanged for the newest model? For years, many such goods were simply thrown away. But Denver-based non-profit Project C.U.R.E. (Commission on Urgent Relief and Equipment) is hoping to save lives and the environment by sending quality surplus goods to people who desperately need them — patients and doctors in developing nations around the globe.

Project C.U.R.E. has a simple mission — to develop a worldwide healthcare infrastructure that redistributes surplus medical supplies from hospitals, manufacturers

and pharmaceutical companies that no longer need them to the medical professionals around the world who do. In the process, Project C.U.R.E. also decreases the amount of quality medical supplies that are unnecessarily sent to landfills.

"We help healthcare systems 'green' their operations," explains Katie Mabardy, executive director of the Phoenix distribution center. "We relieve them of the burden of disposal and support hospitals and healthcare systems globally in the process." Mabardy has an extensive background in non-profit work and the healthcare industry before joining Project C.U.R.E., so she was well aware of the vast amounts of medical surplus and always wanted to be part of the solution. When she heard of Project C.U.R.E, Mabardy knew she had found the organization she was looking for.

With centers in Denver, Houston, Nashville and Phoenix, Project C.U.R.E. does not ship goods from its warehouses until the final destination — a hospital or clinic — has been thoroughly vetted to assess its needs.

In September of 2014, Mabardy had just returned from a two-week trip to Rwanda where she assessed two hospitals and two clinics after a Phoenix resident, Kigabo Mbazumutima, approached Project C.U.R.E. about his native

Buy a Plate, Clean Up the State!



Purchase a Keep Arizona Beautiful license plate and help KAZB's work statewide

\$17 out of the **\$25** annual fee goes directly to KAZB

Order at servicearizona.com or at any MVD or Authorized Third Party office

Learn more at kazb.org

★ Great North Phoenix Location! Award-Winning Park ★ 623-587-0940 ★ www.desertsedgerv.com



Park Amenities

- ▶ Pet Friendly
- ▶ Pet Grooming/Off-Leash Area
- ▶ Wi-Fi
- ▶ Pool & Spa
- ▶ Clubhouse
- ▶ Laundry
- ▶ Organized Activities

Commitment to Planet Green. We use...

- ▶ Recycle bins
- ▶ Non-toxic biodegradable cleaning products
- ▶ LED lighting
- ▶ Water-saving faucets, toilets, shower heads
- ▶ Tankless water heaters for laundry and showers
- ▶ Xeriscape landscaping practices in many areas of the park
- ▶ Eco Friendly Putting Green



Family Owned & Operated for Over 40 Years!

**WELLS
FARGO**

ADVISORS

Is leaving a legacy important to you?

As you examine your long-term estate plans, remember to consider any employer-sponsored retirement plans and IRA assets you've accumulated over the years. Clearly establishing your beneficiaries — the people you select to inherit your retirement account savings — could significantly affect their inheritance, potentially building wealth for generations to come. At Wells Fargo Advisors, we can help you understand your retirement account options, including their corresponding beneficiary rules and requirements, so you can make informed decisions along the way. Call today for a complimentary beneficiary check-up.

Wells Fargo Advisors is not a legal or tax advisor. However, our Financial Advisors will be glad to work with you, your accountant, tax advisor, and/or attorney to help you meet your financial goals.

Together we'll go far



Mark Morales
Financial Advisor
Associate Vice President - Investment Officer
Tel: 520-625-7470 • 800-925-7470
Mark.Morales@wellsfargoadvisors.com
<https://home.wellsfargoadvisors.com/mark.morales>



William Hochwalt
Financial Advisor
Managing Director - Investments
Tel: 480-419-2049 • 800-453-6737
william.hochwalt@wellsfargoadvisors.com
<https://home.wellsfargoadvisors.com/william.hochwa>

Investment and Insurance Products: ▶ NOT FDIC Insured ▶ NO Bank Guarantee ▶ MAY Lose Value

Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company. ©2013 Wells Fargo Advisors, LLC. All rights reserved. 0413-01443 [87988-v1]

country's need.

In Rwanda, Kigabo experienced firsthand the horrors of war during the Rwandan Genocide of the 1990s. After receiving his M.D. and becoming a U.S. citizen, Kigabo began tirelessly campaigning for better healthcare services in Rwanda and elsewhere. Having heard of Project C.U.R.E.'s mission and sustainable practices, Kigabo approached the organization with a proposal, which sparked a grassroots initiative by Project C.U.R.E. and Phoenix-area and Rwandan Rotary Clubs to raise funds for the project.


An equally impressive tale of grassroots philanthropy is the creation of the organization's Phoenix branch. Before Project C.U.R.E. had any presence in Phoenix, Mabardy says private citizens began storing surplus medical supplies from hospitals in their own homes and garages, in the hopes of one day opening a distribution center. What started as a small community effort to collect inventory has grown over the last two decades into a 50,000-square-foot distribution center in Tempe, which is almost entirely volunteer-based. With only three paid employees in Phoenix, Project C.U.R.E. relies on the help of almost 6,000 volunteers to keep the facility operational. The warehouse itself is a charitable contribution of sorts, as the computer technologies firm Microchip allows the non-profit to use their warehouse free of charge. Volunteers help with sorting, packing and shipping goods, office work, researching sponsors and donors, and even traveling to assess potential donation sites.

As executive director, Mabardy is responsible for the procurement of the organization's three main needs: supplies, human capital and funding (Project C.U.R.E. operates on less than two percent overhead).

In her role, Mabardy is exposed to harrowing stories of the plight of the nations that need Project C.U.R.E.'s help, as well as incredible tales of the ways in which the organization is saving lives. But she continues to be most inspired by the people who make Project C.U.R.E. a reality — the volunteers, many of whom donate 30 hours every week. "These individuals come with no other reason than to improve the lives of other people," she says. "I get to work with the best of humanity every day."



Dozens of corporate sponsors also support Project C.U.R.E. Hill-Rom, a company that produces medical beds, previously took their old or unwanted beds to landfills. Now it not only donates the beds, but also transports them free of charge. The surgical equipment manufacturer Stryker provides volunteers on a regular basis, as do Intel, Bank of America, American Express and Rotary Clubs worldwide.

Project C.U.R.E. is at the forefront of efforts to implement new, sustainable practices in the healthcare industry. And thanks to the thousands of volunteers and philanthropists like Katie Mabardy who coordinate the efforts of major healthcare providers and pharmaceutical and medical manufacturers, there is less medical waste going into landfills and more lives being saved around the world. 

For more information, visit projectcure.org or email katiemabardy@projectcure.org





BENEFITS OF BIKE RIDING ON THE ENVIRONMENT AND HEALTH

BY AMANDA STRUSIENSKI


As more people are trying to live sustainably, new ways of helping the environment are being sought. One major way is to leave the car in the driveway and take your bike to work instead. Some of the reasons for this are simple: energy conservation, less pollution from fossil fuels and cost efficiency. While the usual thought about pollution is in regard to its impact on the environment, fossil fuel emissions have been linked to human health conditions, such as respiratory diseases and certain cancers. Perhaps the Phoenix area would be the perfect place to start biking to work, as our climate is well-suited for bike riding for around seven months of the year.

While one of the main advantages to commuting via bike is to help lessen your carbon footprint, there are many health benefits as well. "Most people are not as active as they should be," says Cindy Lacotta, manager of the bicycle retailer Giant Scottsdale. "A lot of times this is because they find it hard to fit regular exercise into their busy schedules. Commuting and/or running errands by bike is a great way to incorporate exercise into a daily routine." Giant Scottsdale carries a variety of supplies for cyclists, and they have also introduced a new specialty line called Liv that focuses on the female rider.

The groundbreaking Liv line has its own storefront at Giant Scottsdale. Liv products include bikes, gear and apparel all

targeted to the female cyclist. According to the Liv website, the brand's philosophy "is shaped by our four key brand traits: genuine, outgoing, confident and optimistic." While women have been a part of the bike riding world for years, their participation is definitely increasing, states Lacotta. "It's been an underserved market for a really long time, so this market also represents an area with the most room for growth."

If you are ready to start commuting via bicycle, know that this form of transportation is not without its challenges. "A good infrastructure needs to exist in order to make bicycle commuting feasible and practical," Lacotta says. Safer bike lanes on main roadways are one of the challenges that groups such as People for Bikes are trying to change. Other obstacles that bike commuters face include finding places to secure bikes safely, distracted drivers and the need for shower facilities at businesses.

As the demand for efficient transportation increases, biking your way around town could be the key to a healthier planet, and a healthier you. 

For more information about Giant Scottsdale and the Liv brand email them at hello@giantscottsdale.com.

Amanda Strusienksi has an English degree from ASU and loves writing, reading and enjoying the outdoors as often as she can.

STAKEHOLDER SATISFACTION & SUSTAINABILITY

BY ANTON G. CAMAROTA PHD

Stakeholder management is a central element of any sustainability strategy. Increasingly, business leaders around the world are recognizing the importance of integrating stakeholder issues, concerns and requirements into their operations.

Stakeholders, defined as any party that has an interest or “stake” in the company’s operations, are important for several reasons. When managers develop a strategy that defines how the business is making each stakeholder better off, they find that varied stakeholder interests tend to converge with the interests of their company. Also, a stakeholder perspective is based on an ecological worldview. Managers adopting this worldview recognize that the flow of information and resources, positive relationships and shared value among diverse stakeholders determine the company’s social legitimacy and its ability to sustain its operations over time.

An organization that epitomizes the effectiveness of a stakeholder-oriented strategy is Arizona StRUT, or Students Recycling Used Technology. Arizona StRUT’s primary business is used computer refurbishing, and its mission is to help high school and college students gain valuable skills for computer troubleshooting and repair.

The non-profit company accepts donations of used computers and related equipment at their seven drop-off stations throughout the Phoenix Metro area, and at an additional nine drop-off locations at Batteries Plus stores throughout the valley. The donated equipment is either refurbished or recycled. Equipment selected for refurbishing is brought back to life and then given to a donee free of charge. The computers selected for recycling are picked up by a certified electronics recycling company and disposed of responsibly.

AZ-StRUT employs 10 local-high school students as interns who refurbish used equipment under the guidance of trained technicians at the two company-operated drop off locations. The company also supports the operation of 19 refurbishing centers located at high schools and community colleges throughout the valley, which are run by students.

The first stakeholder to gain value from the company operations is the students performing the refurbishing work. They learn teamwork, computer troubleshooting and repair skills, and become knowledgeable about a number of different types of computer equipment. The company trains more than 500 students each year who gain valuable hands-on experience that can help them to achieve the A+ Computer Repair Technician certification.



Local Girl Scout troops partner with AZ-StRUT

A second stakeholder to gain value is the students at the schools that receive the refurbished equipment. These students gain a steady supply of free computer equipment for their labs, which support computer-based learning for the entire school population.

Another set of stakeholders that gain value is the companies and individuals who donate their used equipment to AZ-StRUT. These stakeholders receive a tax benefit from charitable donations, support the integrity of their local community’s schools and make room for new technology by donating their old equipment on a regular basis.

Yet another set of stakeholders to gain value is the administration of the non-profit organizations and schools that acquire the refurbished computer equipment. These organizations are in effect able to increase their very limited budgets significantly by obtaining free computer equipment from AZ-StRUT.

Finally, the ultimate stakeholder benefiting from AZ-StRUT operations is the natural environment. Both refurbished and recycled computers represent a significant diversion of toxic materials from landfills. The recycled equipment is disassembled and the metals, plastics and other materials are sent back into the manufacturing stream. The refurbished equipment has its useful life extended in some cases for many years.

The example of AZ-StRUT shows how a stakeholder-based business strategy can help a company to become a cooperative enterprise that makes everyone’s life better, and sets the foundation for sustained success for all. ■

Dr. Camarota is Executive Director of Tellari, an Arizona-based research and educational organization dedicated to helping business leaders build sustainable companies. anton@tellari.com, tellari.com

Read more business articles at greenlivingaz.com/business

WHAT'S OLD IS NEW AGAIN!

BY JAN GREEN

To consign, according to Merriam Webster's Dictionary, is to "put something that is not wanted or used in a place where old things are stored or thrown away." What a far cry from the meaning in today's society! I can't imagine consigning something to a deep dark closet since consignment stores are all the rage these days for the young and old alike. Vintage has become vogue!

If you visit a consignment store, you are likely to find "old" things, but they are for sale, not stored in a closet somewhere. Consignment stores in the Valley have a variety of offerings for every age group. Each of these consignment stores has



a certain bend or way of attracting items through word-of-mouth or an active Internet presence.

Writing on this topic brings back childhood memories of my mother attending estate auctions and garage and yard sales seeking antiques. Her practice was to purchase antique items, refinish and reinvigorate them, and resell them. The smell of "stripper" was ever-present in our garage. I still have several of these items, and they've relocated with me from state to state as cherished treasures. For instance, my dining room table is more than 100 years old, and I've owned it for 36 years.

I've consigned at destinations across the U.S. My antiques have been purchased in Kansas, Alabama, Missouri and here in Arizona. In Alabama, antiques were plentiful, which greatly reduced prices. I've also consigned my daughters' outgrown clothing and now purchase my grandchildren's clothes and toys at consignment stores. Reduce, reuse and recycle!

Some of the treasures I've purchased at consignment stores are used in my real estate business. Homes that are for sale



and vacant may need to be staged, and I've found several items at consignment stores that help transform an empty space and make it look occupied and inviting.

Consignment items I've purchased for my business include silk plants, cookbook racks, vintage cookbooks, towels and vases. Not only does buying from consignment stores and reusing these items cut my overhead cost, but these are unique pieces that work beautifully to create great photos for listings found online and help give them a new life.

Reusing items from consignment stores also serves another purpose. When any product is made, non-renewable resources are used and a carbon footprint is created. By reusing items that have already been made, we are reducing the carbon footprint by not purchasing new items. This makes sense to me, and it's also a part of my sustainable business practice. 

As an instructor and EcoBroker/GREEN realtor, Jan Green's mission is to interpret energy-efficient features for buyers and sellers, benefiting lifestyles and living in a healthier environment.

Photos courtesy of A SECOND LOOK



BUSINESS EVENTS

GREEN DRINKS

March 3, 5:30 p.m.-7:30 p.m.

Lawrence Dunham Vineyards Wine Gallery
6951 E. 1st St., Scottsdale

This month's Green Drinks will take place at the new Lawrence Dunham Vineyards Wine Gallery location in downtown Scottsdale and will discuss the topic of green fleets and fuels. Also, be sure to check out the other Green Chamber events – Lunch and Learn on March 11, and Coffee with the Board on March 19. thegreenchamber.org

LUNCH + LEED EVENT

March 4, 11:30 a.m.-1:00 p.m.

Okland Construction

1700 N. McClintock Dr., Tempe

This Lunch + LEED event will cover the changes to the Materials & Resources (M&R) credit category under the new LEED version 4 program. Attendees will learn how to identify the major changes to the M&R section of LEED v4, recognize new tools associated with the M&R credits, understand the differences between EPDS and HPDS, and recognize third-party certification bodies verifying the new tools. usgbcaz.org

LOCAL FIRST ARIZONA

MARCH EVENING MIXER

March 18, 6:00 p.m.-8:00 p.m.

Infusionsoft

1260 S. Spectrum Blvd., Chandler

This month's Local First Arizona (LFA) evening mixer will take place at the Infusionsoft office, a local sales and marketing software company. Join other LFA members and locally owned business members to tour Infusionsoft's unique office space, which includes an indoor football field.

localfirstaz.com

ASU SUSTAINABILITY LECTURE SERIES

March 27, 12:00 p.m.-1:15 p.m.

Wrigley Hall, Room 481

Arizona State University, Tempe campus

In this lecture by author Char Miller titled

"On the Edge: Water, Immigration and Politics in the Southwest," attendees will

discover the interconnected issues of

these three topics in Arizona and other

Southwestern states as well as Mexico. Lunch

will also be served at the event.

sustainability.asu.edu

GREEN IN THE NEWS



PHOENIX ELEMENTARY SCHOOL WINS KEEP AMERICA BEAUTIFUL RECYCLE-BOWL

Phoenix-based Magnet Traditional School won the Keep America Beautiful's Recycle-Bowl nationwide recycling competition. More than 1,400 elementary, middle, and high schools in 49 states and the District of Columbia competed. Magnet Traditional School elementary students recycled 48 pounds of materials per person during the four-week-long competition that took place in October and November 2014. Overall, 4.4 million pounds of materials were recycled during the Recycle-Bowl between all of the participating schools. Central High School in Phoenix was also a national category winner for the Most Improved School. They will receive \$2,500 in recycling bins to continue their good recycling habits. All national and state Recycle-Bowl winners will receive a recycled-content plaque recognizing their achievements. recycle-bowl.org

TWO FLAGSTAFF SCHOOLS RECEIVE SCA GRANTS

Summit High School and Cromer Elementary School in Flagstaff have been awarded a total of \$9,141 from the SCA Environmental Education Grant program to support their environmental education projects. Summit High School will receive \$4,141 to build a greenhouse to expand the school's community garden and to implement sustainable food production. Cromer Elementary School will also receive \$5,000 to construct a greenhouse to grow seedlings that will assist members of the community who were affected by flooding after the 2010 Schultz Fire. Also included in the project is the construction of a stream table to demonstrate the effects of erosion. Since its inception in 2007, the SCA grant program has awarded nearly \$40,000 to schools in Flagstaff and Bellemont, Arizona. sca.com

ARIZONA IN TOP 10 LEED GREEN BUILDING LIST

Arizona made the cut for the first time on this year's U.S. Green Building Council (USGBC) Top 10 States for LEED. The list ranks states in terms of square feet of LEED space per state resident. The USGBC list highlights states that are making significant strides in sustainable building design, construction and transformation. LEED-certified buildings consume less energy and water resources and help reduce carbon emissions to create a healthier environment. Arizona tied for 10th place along with New York and Washington, D.C. Illinois took the number one spot for the second year in a row. To find out the rest of the cities on the list, visit the USGBC website. usgbc.org

Read more Green in the News at greenlivingaz.com/greennews

greenlivingaz.com

ASU BIOMIMICRY CENTER ANNOUNCED

BY JOE ZAZZERA

Arizona is quickly becoming a hot spot for biomimicry education and research. Biomimicry is a design methodology that observes functional forms in nature and applies those strategies to human design of forms, processes and systems.

On March 3, the official kick-off event for ASU's on-campus Biomimicry Center will take place. The event marks several years of work in the development of a partnership between ASU and the Montana-based Biomimicry 3.8 organization.

Janine Benyus first coined the term biomimicry, or the "mimicking of life," in her 1997 book *Biomimicry: Innovation Inspired by Nature*. Since then, Benyus and co-founder Dayna Baumeister have gone on to form the Biomimicry Institute and Biomimicry 3.8. Their organization works with fortune 500 innovation and design teams developing solutions based on the genius of nature.

One of the most well-known products, developed with carpet manufacturer Interface, is the Entropy carpet tile. By




Photo courtesy of Interface

reconnecting the Interface design team with nature by going outside, Baumeister asked them the functional question, "How would nature design a floor?" The most obvious visual observations were leaf colors, textures and varieties. But a deeper pattern was also observed: the forest floor leaf pattern never repeats itself. Developing the Entropy carpet line in a non-repeating, random design has reduced carpet waste by 80%, made installation faster, and reduced labor costs.

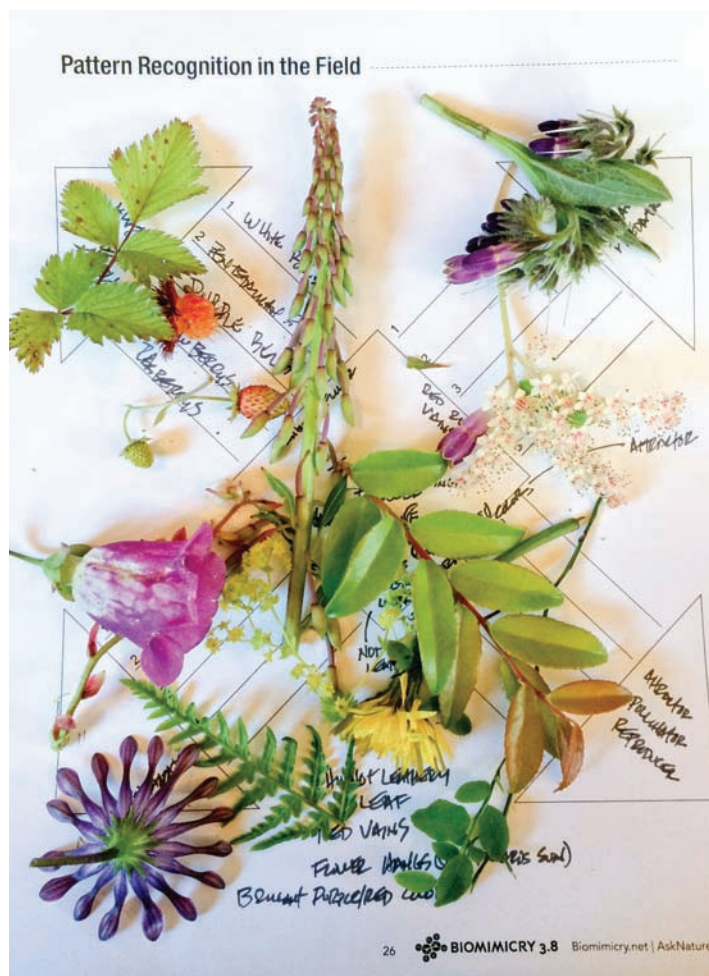
The design allows for single carpet tile replacement of damaged tiles because there is no dye lot or pattern-matching requirement. Holding inventories and keeping backstock for replacement is no longer necessary. The overall outcome is a sustainability win for Interface, their customers, and the environment.

Education and training of biomimics has always been a top priority of Biomimicry 3.8. Teaching the biomimicry methodology to architects, engineers, biologists and designers is an effective way to carry the discipline into the world, while at the same time building a biomimicry network. Biomimicry 3.8 has several professional development offerings: their shorter Biomimicry Specialist certificate program, designed as a supplement tool for those interested in bringing the methodology to their current work, and the two-year master's level program for those developing careers in biomimicry.

Additionally, the new Biomimicry Center's partnership between ASU and Biomimicry 3.8 has created an online Master of Science degree program and an online BSpecialty certificate program. The new certificate program started this spring, while the master's program begins in the fall.

The official event will be held at the ASU campus on March 3, 2015, and will kick off with a discussion between ASU President Michael Crow and writer/biologist Janine Benyus. Turn to Green Scenes on page 32 for more event information. 

Joe Zazzera is a certified biomimicry specialist and LEED AP ID+C accredited green roof professional for Plant Solutions, Inc. He can be reached at joe.zazzera@gmail.com.





Artwork by Rachel Root

AVIAN ARTWORK

THE ART INSTITUTE AT THE ARIZONA-SONORA DESERT MUSEUM HOSTS A WORLD-CLASS EXHIBITION WITH “BIRDS IN ART” AT THE IRONWOOD GALLERY

BY JIM MILLER

For most of us earth-bound bipeds, birds represent something special. The ability of feathered flight has always had an irresistible appeal to humans, but the influence of birds on our lives goes much deeper, enhancing the backdrop of our world and soundtrack to our day. As if to underscore their unique influence, nature opened its vast paint box in the creation of birds, giving them a variety of color, shape and bearing which artists have found irresistible for millennia. Whether it's the regal posture

of a barn owl, the riotous color of a peacock or the playful curiosity of a raven, artists have demonstrated countless approaches to express the unique place birds hold in our lives.

This spring, visitors to the Arizona-Sonora Desert Museum can view examples of that artistic variety in the museum's Ironwood Gallery. The traveling exhibition “Birds in Art” brings together a range of talent, creativity and media to showcase the beauty, personality and attitudes of our avian neighbors. Assembled by the Leigh Yawkey Woodson Art Museum in Wausau, Wisconsin, the show provides an overview of notable art created within the last three years from artists worldwide. The media includes both two-dimensional (oil, watercolor and acrylic paints, silkscreen and pencil) and three-dimensional (bronze, plaster and alabaster) art pieces.


In all, more than 550 artists worldwide submitted recent work for consideration in this 39th edition of “Birds in Art.” Of those artists, 112 were chosen to exhibit their work, with 126 artworks in the original show at the Woodson Art

Museum. The traveling exhibition offers 60 of these from such artists as Helene Arfi (bronze), Nobuko Kumasaki (pyrography), Kerry Miller (collage) and Gunnar Tryggmo (watercolor). Also included are works by Barry Van Dusen, Woodson Art Museum Master Artist for 2014, whose watercolors are noteworthy not merely for their beauty and sensitivity, but for the fact that Van Dusen prefers working from direct observation in the field rather than in a studio. The entire collection of these works is available in a beautiful, perfect-bound book that can be purchased at the Ironwood Gallery.



Artwork by Kathleen Dunphy

Complementing its appeal to adults, “Birds in Art” also provides an activity guide suitable for all ages. The guide encourages participants to delve deeper into the worlds of both birds and art via illustrations selected from the show. It poses fun questions regarding various birds and their behaviors and how they are portrayed by the included artists. Open-ended queries promote answers based on direct observation of the birds as they are portrayed or through interpretation of the artwork in the show. Mixing the complexity of the answers makes the activity guide a great thought-starter, as well as a fun project for all ages and education levels. And of course, additional sources include the daily Arizona-Sonora Desert Museum bird walk, as well as the mixed-bird and hummingbird aviaries on the grounds.

“Birds in Art” runs April 11 to May 24, 2015, at the Art Institute's Ironwood Gallery on the grounds of the Arizona-Sonora Desert Museum. Admission to the show is free with a paid museum admission or Desert Museum membership. 

Jim Miller has been a professional writer for more than 40 years, and has been published in dozens of magazines in both the U.S. and Europe. He has been a docent at the Arizona-Sonora Desert Museum since 2005.



Artwork by Sherrie York



SHOW YOUR GREEN SPIRIT AT THE 32ND ANNUAL ST. PATRICK'S DAY PARADE AND FAIRE

BY EMILY DOAN


Every year in March, you can find lovers of Irish and Celtic culture taking part in the St. Patrick's Day parade in Phoenix. Come out on Saturday, March 14th, for the 32nd Annual St. Patrick's Day Parade and Faire from 10 a.m. to 5 p.m. at Margaret Hance Park, adjacent to the Irish Cultural Center on Central Avenue. A few years ago, the parade took green to a new level and started a sustainability initiative, implementing the theme "Be Green, Go Green," tying in recycling with the iconic St. Patrick's Day color. This year's theme is "Celebrating 32: 32 Counties and 32 Parades" to acknowledge the 32nd anniversary of the parade and the 32 counties in Ireland. Mary Moriarty, operations manager at the Irish Cultural Center and the co-treasurer and faire chair for the St. Patrick's Day parade committee, explains that the purpose of the parade is to showcase Irish and Celtic culture and share it with others.

The fun-filled day will feature three stages and performances of Irish music and dance. Those interested in learning more can visit the Academy of Irish and Celtic studies at the Irish Cultural Center, which offers 13 different instrument and step-dancing classes. The center also features the McClelland Irish Library where people can join book clubs, participate in Saturday storytime for kids, and connect with long-lost Irish relatives in the extensive genealogy archives. "People can come and do research on their family or unveil thousands of different books that we have dealing with all aspects of Irish culture," says Moriarty.

In addition to the cultural entertainment, the parade will also feature a variety of Irish food and drink. Of course, classics like corned beef and cabbage and even haggis can be expected. The Irish Cultural Center will also have a food drive and raffle to benefit St. Vincent de Paul. Anyone who donates a food item will receive a raffle ticket and a chance to win a \$100 prize. One lucky winner will even be entered for the chance to win a trip to Ireland.

Along with the opportunity to give back to the community, the efforts of the Irish Cultural Center and the St. Patrick's Day Parade offer a great way to gain a new understanding of many different histories. Family, friends

and Phoenixians of all ages and backgrounds are invited to spend the day partaking in the Irish culture here in Arizona and explore Margaret Hance Park. Surrounding the center is also the Jewish Center, the Trolley Museum, the Puppet Theater, the Japanese Friendship Garden and more. Get to know the different cultures that make Arizona such a unique place to live, work and play, and this March, go even greener at the St. Patrick's Day Parade and Faire in Phoenix.

Take the light rail to the Faire! Get off at Roosevelt and walk one block north, or park and take the free shuttle at 1850 N. Central Ave. Admission is \$10.00 for adults 13 and older. Kids 12 and under are free. Seniors (55 and over) and military are \$8.00. 

For more information on the parade and faire, visit stpatricksdaysphoenix.org

Emily Doan is a student at Arizona State University majoring in English and working towards a certificate in the environmental humanities.





RUN EXPLORE AND ENJOY THE NATURAL BEAUTY OF ARIZONA

BY MELISSA ANTONE

I will never forget my first race. I stood with a small crowd at the Flagstaff Nordic Center, my heart pounding with excitement and my stomach a bundle of nerves. It was late August, and the leaves of the aspen trees were turning a vibrant golden yellow, the sun-warmed ponderosas emitted their divine scent into the air, and the cool mountain breeze set the ferns swaying. The Gaspin' in the Aspen is a 15K trail run through the forest, up and down the hilly terrain at a breathtaking 8,000 feet in elevation. I didn't know what I was in for. A fellow racer, most likely observing my anxious glee, asked if I had done this race before. I told her that it was my first race ever. Her raised eyebrow and tentative response of, "Ever?! Oh, boy," should have prepared me. It did not.

I had been an avid hiker for years but had taken up running only a year before as a way to clear my mind, reduce stress and maintain my health when I couldn't get away for a hike. I thought it would be great fun to mix the two, and I was right. That first race was incredibly difficult, but the immense beauty of the forest distracted me from my burning lungs and tired legs. As the miles ticked by, I became filled with the mental peace that I had been chasing, and my appreciation for the wilderness of Arizona grew even larger. When I crossed the finish line, dusty, sweaty, tired and smiling, I experienced my first post-race high. That evening, still enjoying the

endorphins, I sought out my next race. I was hooked. An environmentalist at heart, and eventually by trade, I realized that events like these could also promote sustainability among members of the running community.

Since that event, I've enjoyed running roads and trails throughout Arizona. I seek out races that allow me to experience Arizona's natural beauty. From Payson to Flagstaff, the McDowell Mountains to the red rocks of Sedona, every running experience clears my mind, energizes my body and renews my spirit. It also brings home how much I love Arizona and how important our natural beauty is to our spirit, our environment, our communities and our economy. Being mentally and physically connected to the outdoors, whether in the mountains, city streets, urban parks, canals, forest or desert, is vitally important to protecting and promoting our natural resources. Get out for a run — and take in the wonders of Arizona. ■

.....
If you'd like to connect to a running community, check out these great groups: natra.org; aravaiparunning.com; eastvalleyrunners.com

Melissa Antone is Apollo Education Group's Director of Sustainability and President of the Phoenix Green Chamber. Melissa is an AI Gore trained Climate Leader, LEED Green Associate and also serves on the board of Keep Phoenix Beautiful. She is a self-proclaimed fitness nut, runner, avid hiker, backpacker and environmentalist.



Devin Cooley



Kathy Maguire



Jeff Yanovitch, Mark Hartman, Wayne Rainey, and Alison Rainey



Gary Moss and Carolyn Andrews

FEBRUARY LAUNCH PARTY

Thank you to all who attended our February issue launch party! We especially want to thank Lost and Found Resale Interiors for hosting and providing the hors d'oeuvres and gift basket, and Lawrence Dunham Vineyards and Mudshark Brewery for providing the refreshments. We'd also like to thank Crooked Sky Farms, Dazzle Cloth, Foosia and Healing Day Spa for the giveaways. We hope to see you all at the March issue launch party!



Sharry Davis, Nathan Davis and Tia Walker



Doug Mott



Chris Wass



Jill Cooper and Sherry Gideons



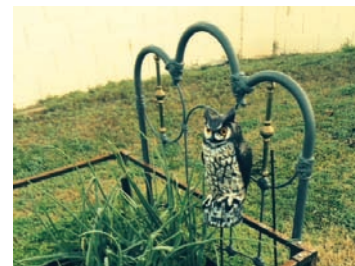
Peggy Flandaca



Crista Alvey and David Brown

At our February Issue Launch Party, we asked attendees to bring along a photo of their favorite upcycled product. Here are the winners!

Kathy Maguire: "I use this antique brass headboard as a trellis for cucumbers in my summer garden. This upcycled item is also very aesthetically pleasing in the yard."



The unique and colorful Rubberband Pillow from Copenhagen is as versatile and decorative as it is fun and eccentric. Throw it on a couch or your favorite chair to add a little playful flare to your space.



KIDS IN THE KITCHEN

SPINACH PASTA

Local caterer and chef Titina Pacheco provided these kid-friendly recipes that the *Green Living* team tested during our photoshoot with her daughter, Caro, and Dorie Morales' son, Keaton. These are not only kid favorites, but can also be easily executed by children, along with adult supervision of course.

INGREDIENTS

4 cups flour
1 cup cooked fresh spinach, drained
1 cup water
1 tsp olive oil
2 eggs
Pinch of salt

DIRECTIONS

1. Place all of the ingredients in a big bowl and mix until you get firm dough. Cover with a kitchen towel and let it sit for 20 minutes.
2. Begin kneading the dough by hand, adding as much additional flour as needed until the dough is smooth and no longer sticky, 2 to 3 minutes. Scoop up any remaining flour and pass it through a sieve to remove any large particles.
3. Divide the dough in half. Keep one half on the work surface, covered with a kitchen towel to prevent it from drying. Set up your pasta machine.
4. Lightly flour the work surface with some of the reserved sieved flour. Using a rolling pin, flatten the dough half into a rectangle thin enough to go through the rollers at the widest setting. Pass the dough through the rollers once, then lay the resulting ribbon down on the work surface and flour it lightly.
5. Flatten the dough with the rolling pin until it is thin enough to go through the rollers again. After 10 trips through the wide rollers, the dough should be completely smooth. Now you are ready to slice the dough in a spaghetti shape with the pasta machine.
6. Repeat the same process for the other half of the dough.
7. Cook your pasta in boiling water for eight minutes and serve with homemade marinara sauce.

PIZZA DOUGH

INGREDIENTS

3 cups flour
1 cup water
4 tsp olive oil
Pinch of salt
1 tsp yeast

DIRECTIONS

1. Place all of the ingredients in a bowl and mix with a dough blender until the ingredients come together to make a soft dough.
2. Leave the dough in a warm area to rise for one hour.
3. Roll out the dough on a lightly floured surface.
4. Spread with your favorite toppings and bake on a lightly greased pizza pan or a pan dusted with cornmeal at 450 degrees for 15-20 minutes.

Photos by Silvana Braggio.

Find more delicious recipes at greenlivingaz.com/recipes



Being
there
is why
I'm here.

Total average savings of

\$825*

Let me show you how combining home and auto policies can add up to big savings.

**Like a good neighbor,
State Farm is there.®**



Dan Kalm, Agent
dankalm.com

1-888-369-0501
dan@dankalm.com

 **State Farm™**
statefarm.com/green

*Average annual per household savings based on a national 2012 survey of new policyholders who reported savings by switching to State Farm.
State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company,
P097185.1 State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

GREEN SCENES

CENTRAL ARIZONA

28TH ANNUAL CORONADO HOME TOUR

March 1, 9 a.m.-5 p.m.

Historic Coronado neighborhood

12th St. & Oak, Phoenix

Carnival de Coronado, the 28th Annual Coronado Home Tour, kicks off at 9 a.m. with a kids' parade. This year, there will be 13 homes on tour in the area of Edgemere to 14th Street from Virginia to Monte Vista. There will also be over 60 local vendors and food trucks, as well as a classic car show. Advanced tickets are \$13 or \$15 on the day of the event, with \$5 tickets for children 12 and under. greatercoronado.com

DEVOURED CULINARY CLASSIC

March 1-8, various times

Various locations

The 2015 Devoured Culinary Classic, hosted by Devour Phoenix and Local First Arizona, will include several events from March 1-8. The bartending competition at the Crescent Ballroom on Sunday, March 1 will be kicking off the events, followed by Palette to Palate at the Renaissance Hotel on Thursday, March 5, and ending with the Culinary Classic on Saturday and Sunday (March 7-8) at the Phoenix Art Museum.

devouredphoenix.com/events

NEW ASU BIOMIMICRY CENTER

March 3, 5:30 p.m.

Arizona State University Tempe campus, Old Main, Carson Ballroom

400 E. Tyler Mall, Tempe

Arizona State University, in partnership with the Montana-based Biomimicry 3.8, is pleased to announce the launch of its new Biomimicry Center. The Biomimicry Center is dedicated

to progressing sustainable solutions inspired by nature to assist with challenges faced by humanity. ASU President Michael Crow and co-founder of Biomimicry 3.8 and renowned author of "Biomimicry: Innovation Inspired by Nature," Janine Benyus, will speak at the free event. A reception will follow at 7:00 p.m. schoolofsustainability.asu.edu

TINY HOUSE MOVEMENT LECTURE

March 5

7:00 p.m.-8:30 p.m.

Granite Reef Senior Center

1700 N. Granite Reef Rd., Scottsdale

Hear from several local tiny house advocates about their lifestyle decisions in this free building lecture. The tiny house movement is growing in popularity as those dedicated to the environment, as

well as financial concerns and thirst for freedom, are switching from the typical American home that is around 2,600 square feet to a humble abode that ranges from 100-400 square feet. scottsdaleaz.gov/greenbuilding/lectures



GREEN LIVING MARCH ISSUE LAUNCH PARTY

March 5, 5:30 p.m.-7:30 p.m.

Allstate Appliance

15250 N. Hayden Rd., Scottsdale

Green Living magazine invites you to our March Issue Launch Party! Enjoy wine, beer and live cooking demonstrations from local chefs! Sample food from a variety of cuisines and mingle with like-minded, eco-conscious people. There will also be a raffle for eco-friendly prizes. Please RSVP on Facebook by March 2.



This jolly leprechaun knows best!

Order your St. Patty's day cookies by March 13th for pickup whenever you want and receive **10% off your order**

AuntAbbys.com
480-607-6827



★
Mercer Ln
Shea Blvd
Scottsdale Rd

A SPECIAL PLACE FOR ...



Wine Tasting

LAWRENCE DUNHAM
vineyards
WINE GALLERY

Bring in Ad for \$2.00 OFF your Next Tasting

www.LDVWineGallery.com

6951 E. 1ST STREET • SCOTTSDALE, AZ
HOURS: WED. 12-7; THURS. 12-9; FRI.-SAT. 12-8; SUNDAY 1-5



TRES RIOS NATURE FESTIVAL

March 7-8, 10:00 a.m.-4:00 p.m.

Base & Meridian Wildlife Recreation Area

7602 S. Avondale Blvd., Avondale

The Avondale Tres Rios Nature Festival is a great outdoor event for the whole family. Come out and enjoy this free event with activities like archery, canoeing, fishing and musical performances. tresriosnaturefestival.com

ANIMAL ENCOUNTERS

Every second Saturday of the month, September-April, 11:00 a.m.-12:00 p.m.

Nina Mason Pulliam Rio Salado Audubon Center
3131 S. Central Ave., Phoenix

Local nonprofit Liberty Wildlife partners with Audubon Arizona to bring visitors up close and personal with Arizona wildlife. This free monthly event gives the young and old alike the opportunity to meet some of Arizona's wild animals, all of which are being rehabilitated by Liberty Wildlife. Fun for the whole family! riosalado.audubon.org



ARIZONA SCITECH festival

FEBRUARY-MARCH

**CELEBRATE ARIZONA SCIENCE
AND TECHNOLOGY WONDERS**







Platinum

Helios
Education Foundation

Gold

Honeywell **State Farm**

Presenting

COX

**ARIZONA
TECHNOLOGY
COUNCIL
FOUNDATION**

ARIZONA

Foundational Partners

ASU **ARIZONA
SCIENCE
CENTER**

**ARIZONA
COMMERCE
AUTHORITY** **Regents** **ARIZONA'S PUBLIC
UNIVERSITIES**

Silver

yelp

aps

**FREEPORT-McMORAN
FOUNDATION**

IDS

IBM

**MARICOPA
COMMUNITY
COLLEGE**

nextiva

DELTA

ASML

TRF

FIND EVENTS
IN YOUR AREA:

azscitechfest.org



Bronze University of Advancing Technology | Clarisoft | KTAR News Talk 92.3 - Arizona Sports 98.7 FM | AZ Tech Beat
Arizona Attorney General | Harkins Theaters | MJS Designs | KJZZ 91.5 FM | ASU Walton Sustainability Solutions Initiative
Grand Canyon University | United Skates of America, Inc. | Google | Arizona Parenting | U.S. AIR FORCE | Intel | PADT

Copper Green Living | Event Interface | Camp at Tonto Creek | Sonoran Schools | Bear Essential News
Carrington College | Microsoft | Arizona Family College Savings Program - Bank Plan

GOING NET ZERO FOR BUILDERS & DESIGNERS: BUILDING SCIENCE FOR COST-EFFECTIVE APPROACHES TO NET ZERO ENERGY HOMES

March 12, 8:30 a.m.-4:00 p.m.

Southwest Gas

1600 E. Northern Ave., Phoenix

Steve Easley, an EEBA Certified Trainer will be presenting at this Energy & Environmental Building Alliance (EEBA) event for builders and designers about going net zero. The registration fee is \$125, and will increase to \$140 after March 5. Register online by March 10. eeba.org/2015-03-12-phoenix



SCOTTSDALE ARTS FESTIVAL

March 13-15, 10:00 a.m.-6:00 p.m.

Scottsdale Civic Center Mall

3939 N. Drinkwater Blvd., Scottsdale

2015 marks the 45th Annual Scottsdale Arts Festival. Spend the weekend perusing 175 nationally acclaimed exhibiting artist booths, listen to live Arizona bands, and devour tasty food from local gourmet food trucks. Day pass admission is \$10 for adults, \$5 for students, and free for children ages 12 and under. scottsdaleartsfestival.org

STUDENT DISCOVERY DAY AT SOUTHWEST SCNM

March 14, 8 a.m.-3:30 p.m.

Southwest College of Naturopathic Medicine & Health Sciences

2140 E. Broadway Rd., Tempe

Prospective Naturopathic Doctor (ND) students can participate in presentations and tour the SCNM campus, including the recent building additions, in this student discovery day. Breakfast and lunch will be provided, along with a yoga session and book signing. scnm.edu



4TH ANNUAL RUN FOR WORLD WATER

March 14, 7:15 a.m.-11:00 a.m.

Kiwanis Park

5299 S. Ash Ave., Tempe

Before you begin the St. Patrick's Day drinking festivities, start the day with a 5K run benefiting water preservation efforts. The 4th Annual Run for World Water 5K will take place at Kiwanis Park in Tempe followed by a 1K walk around the lake and a 50-yard kids' dash. This family-friendly event will also include a DJ, face painting, kids' inflatables and free snacks. Registration starts at \$30 and all proceeds will benefit Water For People organization. azwater.org/events



Local daily deals, Everyday

Arizona's earth friendly go-to website for something to do



Finding Local, Daily Deals is easy to do!

Visit az2do.com to view our Local Daily Deals.

Then simply go to the merchant & ask to receive the deal!

No printer, credit card or registration required.

Check often! Deals can change daily!



Merchants, ask about our inventory control & traffic generating tools. Contact us today at inquiry@az2do.com.

2015 FIGHT FOR AIR CLIMB

March 15, 8:00 a.m.-1:00 p.m.

Renaissance Square

40 North Central Ave., Suite 140, Phoenix

The American Lung Association's 2015 Fight for Air Climb raises lung disease awareness. Participants will race up hundreds of steps to ascend the 53 floors of downtown Phoenix's Renaissance Square. All participants are required to raise a minimum of \$100 in fundraising. There will also be a kids' climb for ages 13 and under to climb one tower (must be accompanied by an adult). Funds raised will go towards lung disease advocacy, education and research.

lung.org/pledge-events/az/phoenix-climb-fy15
COOKING DEMONSTRATION WITH RAW CHEF AT WHOLE FOODS

March 25, 6:00 p.m.-7:30 p.m.

Whole Foods Scottsdale

7111 E Mayo Blvd, Phoenix

Green Living magazine is partnering with gourmet raw chef and instructor Elaina Love for a raw chef experience at Whole Foods Scottsdale. Stop by from 6:00 p.m.-7:30 p.m. for live cooking demonstrations from Elaina and get to taste some delicious desserts! wholefoodsmarket.com/stores/scottsdale

NORTHERN ARIZONA**FLAGSTAFF FIRST FRIDAY ARTWALK**

March 6, 6:00 p.m.-9:00 p.m.

Downtown Flagstaff

On the first Friday of every month, historic downtown Flagstaff comes alive with special art exhibitions, live music, performances, food trucks and more. First Friday ArtWalk is a treat for both locals and visitors alike.

flagartscouncil.org/artwalk
SEDONA MOUNTAIN BIKE FESTIVAL

March 6-8, times vary per day

1695 W. State Route 89A, Sedona

If you're into mountain biking, the Sedona Mountain Bike Festival is for you. This three-day mountain bike celebration includes the main expo at Tlaquepaque Village, bike demos,

a beer garden and live music. Sedona has over 200 miles of singletrack for bikers of all skill levels to enjoy. Single-day passes start at \$50; two- and three-day passes as well as full camping passes are also available. sedonamtbfestival.com



Photo courtesy of Hermosa Tours



JOIN THE FORCE FOR LUNG HEALTH

We are a force to be reckoned with.
We stand together, and we walk together,
for our breath—for our lives.

LUNG FORCE WALK

TUCSON, AZ
March 28, 2015
REGISTER AT LUNGFORCE.ORG/WALK

st patrick's day parade and faire

SATURDAY, MARCH 14, 2015, 10A - 5P
Celebrating 32 Years of Parades & 32 Irish Counties

3 Stages Irish Music Irish Step-dancing Bagpipers Food & Beverages Irish Crafts & Merchandise Genealogy Irish Clubs Children's Area	Drive: FREE PARKING and FREE ROUND-TRIP SHUTTLE (9a-6p) at 1850 N. Central Ave., Phoenix (on Palm Ln just west of Central Ave) Light Rail: Take Roosevelt stop and walk one block north \$10 for Adults Free for Kids 12 & under \$8 for Seniors 55+ & Military
--	--

Win a trip to Ireland in Irish Cultural Center raffle!

Friends of St. Patrick AZ Chapter & St. Vincent de Paul Food Drive
Bring food donations to be entered to win \$100!

For Info: 602-280-9221 phxirish.org 

EVENING FOREST WALK

March 13, 7:00 p.m.-8:30 p.m.

Highlands Center for Natural History

1375 Walker Rd., Prescott

Enjoy an evening walk on Friday, March 13 in the Highlands Center for Natural History, an 80-acre site nestled in the Prescott National Forest. Bring family and friends to this free event and walk the forest, enjoy new sights and create new experiences. The Highlands Center believes that everyone has a fundamental need to connect with the natural world. highlandscenter.org

36TH ANNUAL NATIVE PLANT WORKSHOP

March 28, 8:30 a.m.-3:00 p.m.

West Sedona School

570 Posse Ground Rd., Sedona

Keep Sedona Beautiful presents the 36th annual native plant workshop. Tickets are \$35 for the general public and include breakfast and two hour-long workshops on seven topics to choose from, including saving water, honeybee conservation, native junipers of Sedona, and others. Lunch will also be served and over 55 items donated from the local community will be available to bid on during the silent auction. keepsedonabeautiful.org

SOUTHERN ARIZONA**FIELD TO FEAST AGRICULTURE TOUR**

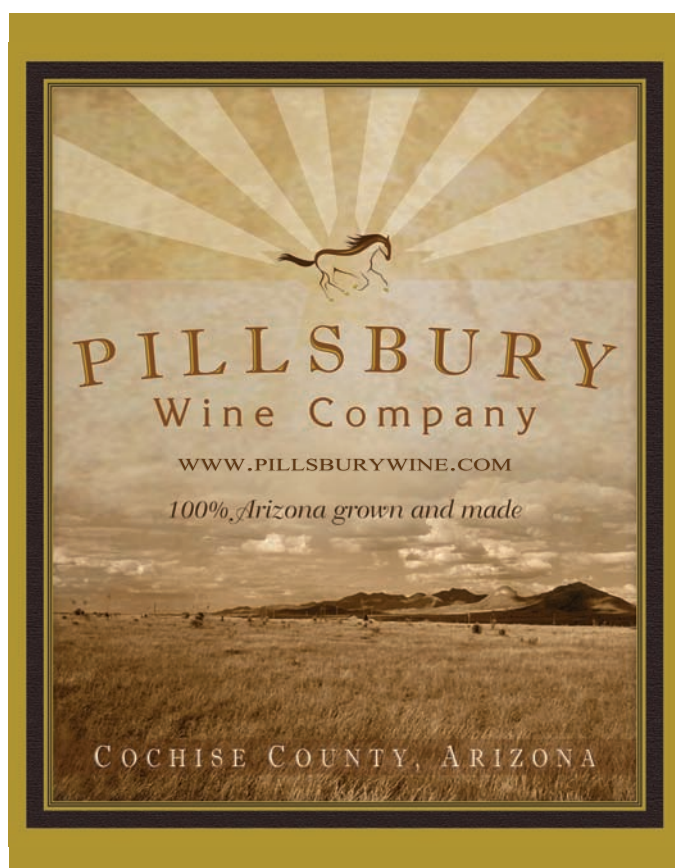
March 4-5, 8:00 a.m.-1:00 p.m.

Yuma Quartermaster Depot

State Historic Park

201 N. 4th Ave., Yuma

These half-day tours guided by local growers give insight to the southern Arizona farming process. From gardening novices to agriculture aficionados, there's something for everyone to learn on this educational tour. Tickets are \$45 per person and include transportation, a guided tour with local growers and culinary students, and lunch. Guests can also take home some fresh Yuma produce. Call 800-293-0071 for more information and to book your reservation. visityuma.com



Your conscious life
green living
MAGAZINE

Green Living is looking for motivated sales people to join our team.

Help Promote
eco-conscious
products
& services

OPENINGS IN
Greater Phoenix
Greater Tucson
Northern Arizona

Call 480-840-1589 or
email sales@greenlivingaz.com
for more information

WATER SUSTAINABILITY PROGRAM LECTURE

March 5, 4:30 p.m.-6:00 p.m.

University of Arizona Student Union

1303 East University Blvd., Tucson

The Water Sustainability Program will host a lecture and book signing by international water expert Brian Richter, author of "Chasing Water: A Guide for Moving from Scarcity to Sustainability," at the University of Arizona Student Unions' Tucson and Catalina Rooms. In "Chasing Water," Richter tells a cohesive and complete story of water scarcity: where it is happening, what is causing it, and how it can be addressed. wsp.arizona.edu

U OF A ARBORETUM TOURS

March 14 and 15, 2:00 p.m.-3:30 p.m.

March 20 and 28, 10:00 a.m.-11:30 a.m.

The University of Arizona Campus Arboretum

The U of A Campus Arboretum is a living laboratory that promotes conservation of urban trees through education and research. Join experts on these 90-minute walking tours through the arboretum on topics including edible plants, Sonoran native plants and arboretum history. RSVP by calling 520-621-7074 or emailing infoarboretum@ag.arizona.edu. arboretum.arizona.edu

**28TH ANNUAL ST. PATRICK'S DAY PARADE & FESTIVAL**

March 15, 10:00 a.m.

Armory Park

221 S. 6th Ave., Tucson

Tucson will turn green on Sunday, March 15 for the 28th Annual St. Patrick's Day parade and festival. The one-hour parade will begin at 10:00 a.m. at Stone and 16th Street, making its way through downtown and ending at Armory Park. The free festival takes place at the park and will include music and dance entertainment, sporting events, kids' crafts, workshops, food and drink and more. tucsonstpatricksdays.com

View all our events at greenlivingaz.com/events

Ironwood Gallery
WHERE ART AND THE SONORAN DESERT COLLIDE!

BIRDS IN ART
APRIL 11 - MAY 24
International Traveling Exhibition from the Leigh Yawkey Woodson Art Museum

Nicholas Wilson — Post. Present. & Future, 2014

ARIZONA-SONORA
DESERT MUSEUM
IRONWOOD GALLERY

OPEN DAILY >> 10:00am - 4:00pm
2021 N. Kinney Road, Tucson, AZ 85743
520-883-3024 // desertmuseum.org/arts

FREE

EARTH DAY & ARBOR DAY
Celebration
SATURDAY, APRIL 25

Great for all ages!

from
9 a.m.-noon

at the Environmental Education Center & Veterans Oasis Park | 4050 E. Chandler Heights Rd.

Experience hands-on activities, live animal presentations, and discover ways to live a more eco-friendly lifestyle from on-site vendors and exhibitors! Outdoor program may be cancelled due to inclement weather.

Call the EEC Program Hotline at 480-782-2889 for updates.

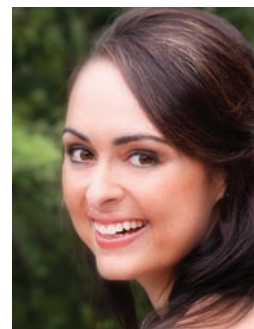
For more information please call 480-782-2890
www.chandleraz.gov/eec
Mayor Jay Tibshraeny and the Chandler City Council

CHANDLER
Parks & Recreation
Discover. Imagine. Grow.

HE'S GREEN

SHE'S GREEN

Product reviews by our eco-conscious couple John and Jennifer Burkhart



Ah, March. Flowers are blooming, beers are turning green, and umpires are yelling, "Play ball!" But who's ready for some spring cleaning? Hello? Where did everyone go? Oh right, baseball. If you're like us, you're mesmerized by all the flowers blooming while conveniently ignoring the stale, non-flowery air in your abode. We reviewed a few Earth-friendly products that aim to freshen up your space and make spring cleaning a little more enjoyable.



METHOD | HARD FLOOR CLEANER, GINGER YUZU

HE SAID: This spray-and-mop stuff smelled delicious! Like a ginger tropical fruit punch. If I didn't know better, I would have tried to drink it. It was super easy to apply, cut through the floor gunk well, and dried quickly. But \$6 for 25 ounces is a bit steep, so steer clear if you've got a lot of floor to mop.

He gave it: 

SHE SAID: Whoever designed this bottle is one sneaky genie. It's fun to hold, and once it's in my hand I really can't find an excuse *not* to mop the floor. The nozzle sprayed just enough cleaner, which smelled very fresh and clean, and with a quick scrub from a stick mop, I was done. The solution cleaned great and left no residue.

She gave it: 



BETTER LIFE | I CAN SEE CLEARLY, WOW! NATURAL GLASS CLEANER

HE SAID: I put this one to the test on one of the toughest jobs for a glass cleaner: the inside of my windshield on a warm, sunny day. Most glass cleaners streak badly on hot glass, but Better Life cleaned great with only the slightest streaking. Oh, and it's all natural and non toxic. I'm never going back.

He gave it: 

SHE SAID: I've been battling a stubborn smeary substance on my windows that neither vinegar nor generic ammoniated window cleaner (ew, I know, I need to toss it!) can fix. So imagine my glee when Better Life came in and proved that my front yard isn't really a scene from "The Fog." Awesome product, and no brain-cell-damaging fumes, either.

She gave it: 



MRS. MEYER'S CLEAN DAY | SURFACE SCRUB, LEMON VERBENA

HE SAID: This Mrs. Meyer's soft grit scrub has an invigorating lemon verbena scent and did a great job. But at \$6 for 11 ounces, it was a lot like the method mop spray: a premium price for a premium scent. There are scrubs out there that are just as effective and cost a fraction of what this does.

He gave it: 

SHE SAID: If you plan to do dishes at 11:30 p.m. like I do, the lemon verbena aroma will definitely perk you up. Otherwise, it's almost too strong. The product did a great job at scrubbing away baked-on caramelized yams on a non-stick pan, but I'd still opt for a lower-priced option that doesn't provide aromatherapy for the whole neighborhood.

She gave it: 



PURE AYRE | ODOR ELIMINATOR

HE SAID: I used this one on our dog bed, and it did a good job knocking out that stinky dog smell – which is no small feat. It had a pleasant citrus and herb scent that wasn't overpowering like most deodorizers. Side note: "Ayre" is a form of song accompanied by lute, so when you use this product, you're spraying odors with pure music and poetry.

He gave it: 

SHE SAID: This spray will definitely be a regular in our house. With two male cats, one male dog, a potty-training toddler boy and husband, we need all the odor-control help we can get. (Sorry, Honey, boys are smelly!) It eliminated bathroom smells and odoriferous pet bedding. It has a strange vinegary smell, but it fades and smells better than anything you'll be spraying.

She gave it: 



CLEAN WELL | BOTANICAL DISINFECTING WIPES, LEMON

HE SAID: These convenient little wipes are great to have around the house, especially if you have kids or animals. They make quick work of most cleanups. The towels hold up to moderately heavy scrubbing, and they kill cold and flu viruses on contact. Did I sound like an infomercial right there? Act now and we'll double the offer!

He gave it: 

SHE SAID: So, a disposable wipe isn't exactly eco-friendly, however I tend to make occasional exceptions. These lightly scented wipes held up to scrubbing, rinsing and scrubbing some more. They were sudsy and seemed to get all surfaces really clean. The simple container proves that you don't need fancy packaging to have a great product.

She gave it: 

THANK YOU TO OUR PARTNERS

We appreciate our readers supporting our advertisers!

A Second Look	Back Cover
Allstate Appliances	15
American Lung Association, Tucson	35
Arizona Center for Advanced Medicine	Inside Front Cover
Arizona-Sonora Desert Museum	37
Aunt Abby's Confections	32
Avondale, City of	7
Arizona SciTech Festival	33
AZ2DO	34
Bauman's Xtreme Training	8
Chandler, City of	37
Copenhagen Imports	14
The Cutting Board	13
Desert's Edge RV Park	19
Flower Child Restaurant	7
FoodInRoot	Inside Back Cover
Giant Scottsdale	3
Gluten Free Creations	39
Holistic Bodywork Design	39
HomeSmart Real Estate	14
Jan Green, REALTOR®, GREEN®, SFR, EcoBroker®	16
Kathy Maguire, REALTOR®, GRI, ABR®, GREEN, EcoBroker®	15
Keep Arizona Beautiful	19
KFNX	2
Lawrence Dunham Vineyards	32
Living Earth Ecological Institute	12
Me the Artist	39
Pillsbury Wine Company	36
Planet Hugger	14
Plant to Plate	3
Pure Joy Academy	8
Rocket Fizz	12
Southwest College of Naturopathic Medicine	9
Seshi Organic Salon	13



"Heather's bodywork is so much more than a massage, it's changed my life!"
-Dr. Edie Copley, NAU Choir Director

Holistic Bodywork Design
(928) 522-6004

Heather Bostian
LMT, MFA
Nationally Board Certified
Quiet, Safe, Sacred
heatherheals.com

\$10 OFF
With This Ad
Voted Flagstaff's Best Massage for 2 Years



me the artist™
where your inner artist meets your social circle

\$5 off a class when you mention *Green Living*

5355 E. High St. #109, Phx AZ 85054
480-822-7999 metheartist.com



BREADS • FRESH SANDWICHES
DESSERTS • MIXES • AND MORE!

OVER 100 CERTIFIED GLUTEN-FREE ITEMS
INCLUDING VEGAN AND ALLERGY-FREE
DELICIOUS, NUTRITIOUS, AND LOCALLY MADE

Visit one of our two café locations:
10880 N 32ND ST. 7607 E. McDOWELL RD.
(602)680-7258 (480)990-2253

WWW.GFCBAKERY.COM

Sonoran Smile Orthodontics	7
St. Patrick's Day Parade	35
State Farm	31
SunTrac Solar	17
Wells Fargo Advisors	19

For more information about our advertisers, go to greenlivingaz.com/resources

COOL OUTRAGEOUS STUFF



1. SUSTAINABLE RECYCLED DIAPER BAG

Who said diaper bags couldn't be fashionable *and* eco-friendly? This handy bag from **Landfill Dzine** is made from recycled fabric with a vibrant pattern and is great for all seasons.

Outside pockets make it easy for on-the-go moms to grab binkies, bottles or wipes just in time.

\$127.00 landfilldzine.com

2. ECO-DOUGH

eco-dough is craft dough that kids can play with, without the worry of dangerous chemicals getting on their hands and play area. From the company **eco-kids**, eco-dough includes all-natural ingredients including plant, veggie and fruit extracts and is kept soft with essential oils. \$19.95 shop.ecokidsusa.com



3. KEVEL MOMMY

Kevel Mommy from **Kevel** is a device that enlarges the waistline of any pants and protects the pants zipper from coming down during pregnancy. Why spend money on maternity pants when Kevel Mommy can comfort and secure you during your early stages of pregnancy as well as post-pregnancy. \$16.99 kevel.com



4. PIRATE SHIP PLAYHOUSE

This eco-friendly pirate playhouse from **Box Creations** is made of recycled materials and can take two or three small children to sea. The ship includes a real spinning ship's wheel, a flap door for secret entrance and two cut-out swords. \$29.99 boxcreations.com



5. OH MY DEVITA BABY PRODUCTS

Editor's Pick

The Oh My DeVita Baby non-toxic, vegan, paraben-free product line from **DeVita** has all the products necessary to keep your precious baby clean, safe and happy – from shampoo, body wash, baby balm and baby powder. Product prices vary. ohmydevitababy.com

6. BLACKOUT BUDDY H2O

The Blackout Buddy from **Eton** is a water-activated light that is an eco-friendly and kid-safe substitution to candles and matches. All that's needed for activation is a dip into a small amount of water, and the battery will come to life. \$9.99 etoncorp.com



ST PHILIP'S PLAZA

farmers' markets

TUCSON'S BEST, IS BETTER!

- The *freshest* local produce available
- Over 70 of the region's finest vendors
- Saturdays feature artisans in addition to our regular merchants
- Live musicians at every market

EVERY

SATURDAY & SUNDAY

APR - SEPT 8^A - 12^P
OCT - MAR 8^A - 1^P

SE CORNER OF RIVER
AND CAMPBELL RD.
4280 N CAMPBELL AVE.
TUCSON, AZ 85718

UAMC

UNIVERSITY OF ARIZONA
MEDICAL CENTER

farmers' market

1501 N. Campbell Ave.

Located on the College of Medicine Patio

EVERY

FRIDAY

10^{AM} - 2^{PM}




More information on these & other
farmers markets:

520.261.6982 | foodinroot.com

Markets are open year-round.

Hours are subject to change.



Very green.

Consign and recycle. Shop and save.



a second look
CONSIGNMENT SUPERSTORE

10620 North 32nd Street - Phoenix (602) 992-1916
asecondlook.com twitter.com/a2ndlook facebook.com/asecondlook